

Fun Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

10 Components of a Healthy & Balanced Lifestyle

Healthy and Balanced Nourishment

1. Energy Balance: Eat the right number of calories to maintain your body's structures and fuel all of the things you do.

2. Balance of Essential Nutrients: Eat the right quantities of carbohydrates, fats, protein, vitamins, minerals and water in the right proportions for your body and activity level.

3. Maintenance of Metabolism: Keep up the rate at which your body uses energy by keeping your muscles strong and fit and staying physically active in general.

4. Maintenance of Satiety: Eat enough of the right foods so you're not hungry.

Healthy and Balanced Activity

5. Cardiovascular Exercise: Participate in any activity you enjoy that involves moving the large muscles of your body in a rhythmic pattern (like walking, swimming or biking) for 20 to 60 minutes, 3-5 days per week

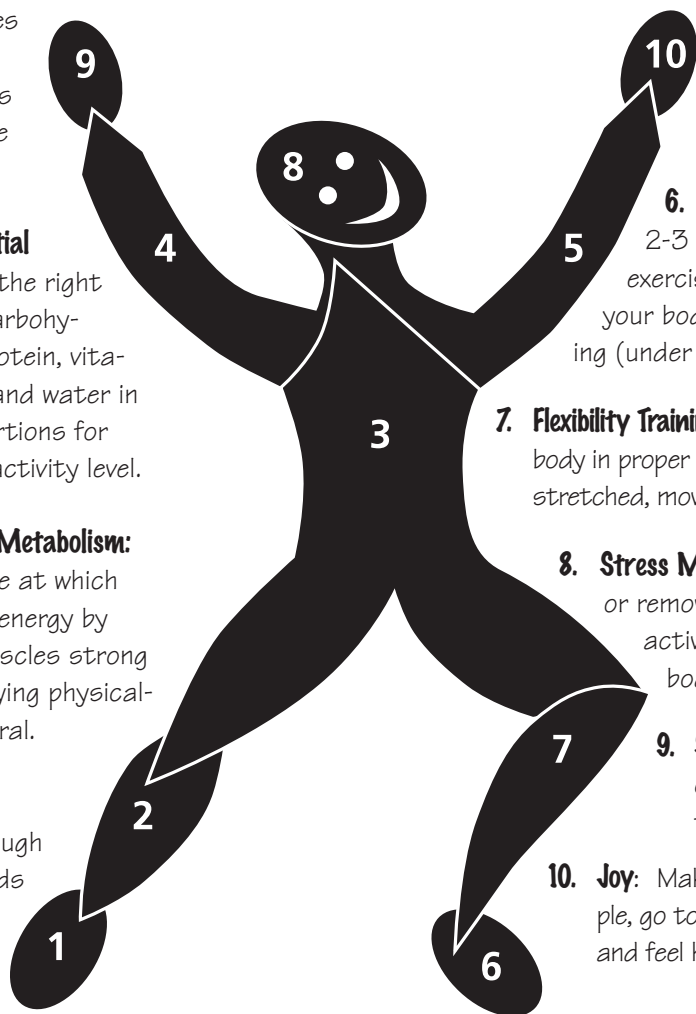
6. Progressive Resistance Training: Participate 2-3 days per week in an organized program of exercises that overload the major muscles of your body with efforts they are not used to exerting (under proper supervision)

7. Flexibility Training: Participate in a program to keep your body in proper alignment and all of your muscles strong and stretched, moving smoothly through everything you do.

8. Stress Management: Learn how to better cope with or remove yourself from stressors; participate in activities that enable you to quiet your mind, body and spirit.

9. Sleep and Rest: Make sure to get enough sleep each night to replenish your energy; take downtime during the course of every day as well.

10. Joy: Make and take the time each day to be with people, go to places and do things that make you laugh and feel happy!



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If you are interested in information on other health and fitness topics, contact the American Council on Exercise
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